

Overcoming Your Inner Critic

Self-criticism can be a relentless voice that lowers your confidence, makes you doubt your worth, and keeps you from seeing your strengths. Overcoming it requires effort, kindness toward yourself, and practical strategies to change this inner voice into one that helps rather than hurts. This workbook gives you useful tools to tackle and change self-critical thoughts. Each worksheet has a specific purpose, guiding you through exercises to build self-compassion, recognize your strengths, and become more resilient.

Here is a brief introduction to each worksheet included in this workbook:

1. Cognitive Restructuring:

This worksheet will help you identify and challenge self-critical thoughts, giving you practical steps to replace them with balanced, constructive ones. Cognitive restructuring is about questioning the accuracy and helpfulness of these thoughts so that you can begin to reshape your mindset in a healthier, kinder direction.

2. Personal Strengths Inventory:

In this exercise, you'll identify and reflect on your unique strengths, talents, and qualities. This inventory serves as a powerful reminder of your inherent worth, helping to shift your focus from what you criticize to what you genuinely appreciate about yourself.

3. Self-Care Inventory:

Self-care is essential for building resilience and self-compassion. This worksheet invites you to assess your current self-care practices and consider ways to improve or expand them. Prioritizing self-care helps to counteract the impact of self-criticism by reinforcing the idea that you deserve kindness and support.

4. Practicing Gratitude:

Gratitude can be a powerful antidote to self-criticism. This exercise encourages you to shift your focus outward by acknowledging what you're grateful for in yourself and in your life. Practicing gratitude not only enhances your mood but also fosters a more balanced view of yourself.

5. Overcoming Shame:

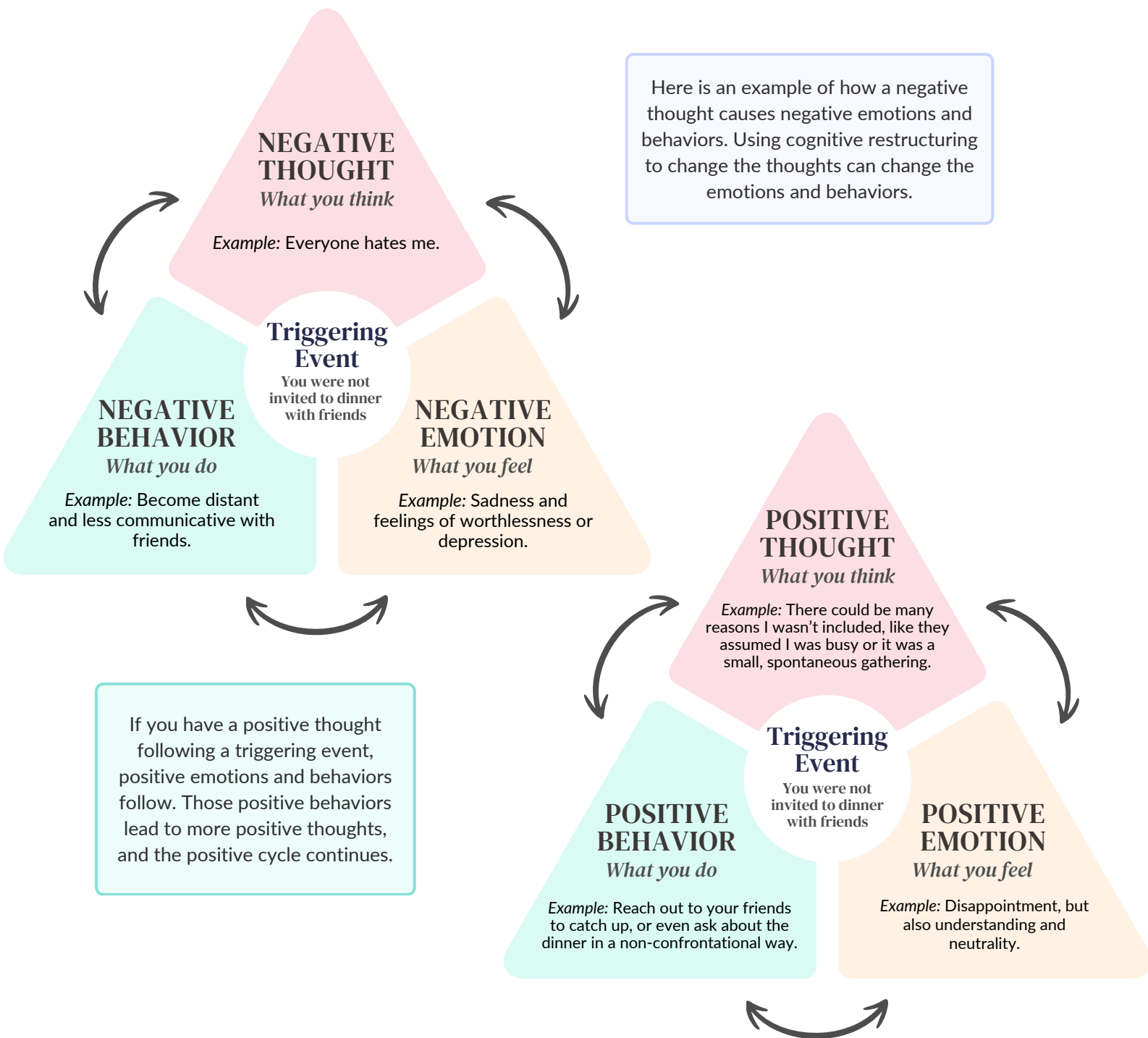
Shame often fuels self-criticism, making it hard to see ourselves objectively. This worksheet will help you explore and release shame by examining its origins and impacts, enabling you to build a more compassionate and understanding relationship with yourself.

6. Setting SMART Goals:

Setting specific, measurable, attainable, relevant, and time-bound (SMART) goals can empower you to take actionable steps toward self-improvement and build confidence. This worksheet helps you set realistic goals that encourage growth, helping to quiet self-criticism by replacing it with achievable milestones.

Cognitive Restructuring

Cognitive restructuring is a powerful CBT technique that can help you challenge negative beliefs you have about yourself that are holding you back and affecting your self-esteem. **By practicing cognitive restructuring, you can begin to challenge and change the self-critical thoughts that lead to feelings of inadequacy and frustration.** Over time, this process can help you build a more balanced and realistic self-view, reducing the impact of negative thinking on your overall well-being.



Cognitive Restructuring

THOUGHT

What you think in a situation
Ex: Everyone hates me

EMOTION

How you feel
Ex: I feel sad and worthless

BEHAVIOR

How you act in the situation
Ex: I withdraw from the people I love and treat myself poorly

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are causing you low self-esteem by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thoughts

Is my thought factual?

What evidence do I have to support my thought?

What would someone else say about the situation?

Is it possible to view this situation differently?



Personal Strengths Inventory

Growing up with constant criticism, controlling behavior, or unrealistic expectations from others can lead you to develop a harsh inner critic. This self-critical voice can deeply affect your mental health, making you feel inadequate and fueling stress and anxiety. When you constantly tell yourself you're not good enough, you can get stuck in a cycle of self-doubt, focusing only on perceived flaws and failures instead of seeing your strengths and moving forward.

A personal strengths inventory can help you break free from this cycle. **By identifying and recognizing your unique strengths, you can start shifting your focus from this negative inner critic to your positive qualities.** This practice can help you reshape how you see yourself, developing a more balanced and compassionate self-view.

PART 1: Discovering Your Strengths

Take some time to read through the list of attributes carefully and circle at least 6 strengths that you believe apply to you.

Self-Control

I manage my emotions and impulses, which allows me to make thoughtful choices.

Confidence

I believe in my abilities and have positive expectations of success.

Flexibility

I adapt to change, adjust my approach, and think creatively in new situations.

Ambition

I have a strong desire and determination to achieve success and accomplish my goals.

Wisdom

I use knowledge and experience to make sound judgments and decisions.

Creativity

I think outside the box and generate original ideas.

Curiosity

I desire to to ask questions, discover new things, and expand my knowledge.

Bravery

I face fear, uncertainty, or danger with determination and resolve.

Fairness

I believe in just treatment, and that everyone has equal opportunities.

Forgiveness

I let go of resentment and anger, choosing to understand and move on from a hurtful experience.

Gratitude

I appreciate and am thankful for the positive aspects of life.

Honesty

I am truthful and sincere in my words and actions.



Scan or [click here](#) to learn more about overcoming your inner critic.

Personal Strengths Inventory

Optimism

I expect the best possible outcome and believe in a brighter future.

Humility

I have a modest view of my importance, which allows me to learn from others.

Humor

I have the ability to find and share amusement, and create a lighter perspective on challenges.

Kindness

I am caring, considerate, and desire to help others.

Patience

I stay composed while waiting or facing challenges, without getting frustrated or giving up.

Love of Learning

I have an enthusiasm for acquiring knowledge and skills, driven by a desire for understanding.

Perseverance

I am committed to see things through, despite obstacles and setbacks.

Open Mindedness

I am willing to consider new ideas and perspectives with receptiveness.

Teamwork

I collaborate effectively with others to achieve a shared goal.

Social Awareness

I understand the emotions, needs, and perspectives of others.

Spirituality

I believe in a purpose or connection to something larger than myself.

Enthusiasm

I have a zest and passion that fuels my excitement and motivation.

Generosity

I give my time, resources, or skills to help others without expecting anything in return.

Problem-Solving

I am able to analyze situations, identify solutions, and overcome challenges effectively.

Dependability

I am reliable and others can count on me to fulfill my commitments and responsibilities.

Authenticity

I live and express myself genuinely, being true to my values and beliefs.

Adventurousness

I am eager to experience new and exciting things, with a sense of curiosity and daring.

Assertiveness

I communicate my needs, wants, and opinions clearly and confidently.

Independence

I am self-sufficient and resourceful, taking responsibility for my own well-being.

Logic

I am able to think clearly and reach sound conclusions based on reason and evidence.



PART 2: Applying Your Strengths to Relationships

Use the prompts to explore how you currently use your strengths in your romantic relationship(s), friendships, and family. Then, discover how you can apply your strengths in new ways to achieve relational growth.

Lists the strengths you possess that help you in your relationships:

Describe a specific time your strengths were able to help your relationships:

Describe two new ways you could use your strengths to help you in your relationships:



PART 3: Applying Your Strengths to Your Profession

Use the prompts to explore how you currently use your strengths in your professional endeavors (at work or school). Then, discover how you can apply your strengths in new ways to achieve professional growth.

Lists the strengths you possess that help you in your profession:

Describe a specific time your strengths were able to help your profession: ent

Describe two new ways you could use your strengths to help you in your profession:



PART 4: Applying Your Strengths to Achieve Personal Fulfillment

Use the prompts to explore how you currently use your strengths to increase your sense of purpose and enjoyment. Then, discover how you can apply your strengths in new ways to achieve personal growth.

Lists the strengths you possess that help you achieve personal fulfillment:

Describe a specific time your strengths were able to help you with personal fulfillment:

Describe two new ways you could use your strengths to help you with personal fulfillment:



Scan or [click here](#) to learn more about overcoming your inner critic.

Self-Care Inventory

Taking care of yourself is essential when dealing with intense self-criticism. Self-care includes any activity that supports your mental, emotional, and physical well-being, helping you build resilience against negative self-talk. This can mean setting boundaries with yourself, taking breaks to recharge, or seeking support from trusted friends or professionals. These practices create space for you to process feelings and gradually rebuild self-compassion.

This worksheet will guide you in exploring different self-care activities to improve your well-being. You'll rank each activity on a scale from 1-3 to see how well you're currently engaging in these practices. Afterward, you can "star" the activities you'd like to focus on more. The aim is to help you recognize what types of self-care work for you, where you're already doing well, and areas to strengthen to feel better overall.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ Physical Self-Care: Improving your physical health.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Engaging in regular physical activity such as walking, running, yoga, or strength training.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensuring you get enough restful sleep each night to rejuvenate your body.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending regular check-ups and following medical advice from healthcare professionals.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking time to relax and unwind, through activities like taking a bath and getting a massage.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Limiting or avoiding the use of alcohol, tobacco, and other substances.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paying attention to your body's needs, such as stretching when tense or resting when tired.



Scan or [click here](#) to learn more about the different types of self-care.

Self-Care Inventory

1 2 3



Emotional Self-Care: Processing & expressing your emotions.

<input type="checkbox"/>	<input type="checkbox"/>	Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.
<input type="checkbox"/>	<input type="checkbox"/>	Spending time with friends and family to build support and reduce feelings of isolation.
<input type="checkbox"/>	<input type="checkbox"/>	Practicing mindfulness to stay present and manage negative thoughts.
<input type="checkbox"/>	<input type="checkbox"/>	Writing down thoughts and feelings to process emotions and gain insights.
<input type="checkbox"/>	<input type="checkbox"/>	Keeping a gratitude journal or reflecting on things you are thankful for.
<input type="checkbox"/>	<input type="checkbox"/>	Using positive affirmations to counter negative self-talk and build self-esteem.
<input type="checkbox"/>	<input type="checkbox"/>	Using music to relax, uplift your mood, or express your emotions.
<input type="checkbox"/>	<input type="checkbox"/>	Expressing your emotions through art, music, writing, or other creative outlets.
<input type="checkbox"/>	<input type="checkbox"/>	Set achievable goals and celebrate your progress, no matter how small.
<input type="checkbox"/>	<input type="checkbox"/>	Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3



Social Self-Care: Fostering & maintaining healthy relationships.

<input type="checkbox"/>	<input type="checkbox"/>	Spending time with people you like and make you feel good about yourself.
<input type="checkbox"/>	<input type="checkbox"/>	Asking for help from friends or family when you're feeling down or overwhelmed.
<input type="checkbox"/>	<input type="checkbox"/>	Learning to say no and establishing boundaries to protect your emotional well-being.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in support groups to gain insight and emotional support from others.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in clubs or organizations that align with your interests to meet new people.
<input type="checkbox"/>	<input type="checkbox"/>	Giving your time to help others in your community to foster connection and purpose.
<input type="checkbox"/>	<input type="checkbox"/>	Going to social gatherings, parties, or community events to build your social network.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.
<input type="checkbox"/>	<input type="checkbox"/>	Actively listening when talking with others, which helps strengthen your relationships.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling intentional alone time with your romantic partner.



Scan or [click here](#) to learn more about the different types of self-care.

Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

Stepping away from work to recharge, through daily short breaks and using vacation time.

Talking to a supervisor or HR about mental health challenges (if it feels safe).

Exploring available support options, such as employee assistance programs (EAP).

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

Ensuring your work environment is comfortable and conducive to productivity.

Establishing achievable work goals and celebrating small accomplishments.

Being kind to yourself during work and avoiding excessive self-criticism.

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

Practicing meditation to connect with your inner self and find peace and clarity.

Engaging in prayer or other forms of communication with a higher power.

Spending time in nature to experience connection to the world around you.

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

Participating in spiritual or religious community activities.

Engaging in artistic activities, such as painting, music, or writing.

Performing acts of kindness and service to others, fostering a sense of purpose.

Acting in accordance with your morals to create a sense of integrity in your life.

Spending time with the people who give your life meaning.



Scan or [click here](#) to learn more about the different types of self-care.

Practicing Gratitude

Gratitude is more than just a positive emotion; it is a powerful tool that can transform your mental health and overall outlook on life. When practiced consistently, gratitude can help you focus on the good in your life, build resilience, and improve your relationships. This worksheet is designed to guide you through the process of recognizing and appreciating the positive aspects of your daily experiences.

PART 1: Daily Gratitude List

Write down three things you are grateful for each day. (Example page.)

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M	<i>Example: The taste of fresh coffee in the morning.</i>	<i>The kind text my friend sent me.</i>	<i>The relaxing bath I took to unwind.</i>
T	<i>A productive work meeting where I felt heard.</i>	<i>My cozy blanket keeping me warm while I read.</i>	<i>A surprise call from my mom to check on me.</i>
W			
T			
F			

PART 2: Weekly Reflection

Reflect on your gratitude entries at the end of each week. Answer the following questions:

Which gratitude entries for this week stood out to you the most and why?

The gratitude entry that stood out the most this week was "taking a quiet walk in the park." It felt so refreshing to be surrounded by nature and to have a moment of calm away from my usual busy routine. I realized how much these small breaks can help me feel grounded. Another entry that stood out was "a kind message from a friend." It reminded me that I have a support system and people who genuinely care about me. Sometimes I get caught up in my own struggles, so being reminded of these connections really lifted my mood and made me feel valued.



Practicing Gratitude

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 2	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 3	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 4	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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PART 3: Monthly Summary

At the end of each month, summarize your gratitude practice.

What patterns do you notice in the things you are grateful for?

How has your perspective changed since you started practicing gratitude?



Practicing Gratitude

What new gratitude practices would you like to try next month?

What challenges did you face in practicing gratitude , and how did you overcome them?

Which gratuudes can you turn into a daily affirmation?





Overcoming Shame

Self-criticism often has its roots in shame—those deep, painful beliefs that tell you you're not good enough or that you're constantly failing to meet some ideal standard. This feeling of shame can grow stronger over time, undermining your sense of self-worth and making you feel stuck or powerless. When self-criticism is driven by shame, it can create a relentless cycle of doubt, making it hard to see your strengths or move forward confidently.

Understanding how shame drives self-criticism is a crucial step toward breaking this cycle. By recognizing these feelings with kindness and curiosity, you can start building a more compassionate relationship with yourself. This worksheet will guide you in exploring how shame fuels your inner critic and help you find healthier ways to cope, so you can begin to see yourself with more understanding and acceptance.

PART 1: Identify Shame

Understanding what shame looks, sounds, and feels like for you is a first step toward healing.

What does shame look like for you?

Is there a particular facial expression or posture you associate with feeling ashamed?

What actions or behaviors do you engage in when you feel shame (e.g., withdrawing, avoiding eye contact)?



Scan or [click here](#) to learn more about how to overcome shame.

Overcoming Shame

What does shame feel like for you?

How does shame manifest in your body (e.g., tightness in the chest, heaviness, a pit in your stomach)?

How does it affect your energy levels (e.g., feeling drained, wanting to hide)?

What does shame sound like for you?

How would you describe the “voice” of shame in your mind?



PART 2: Draw Your Shame Monster

Drawing your shame monster can help you visualize this emotion and see it as something separate from yourself.

Grab some markers, pencils, stickers, or any other art supplies you have on hand. On the blank space provided, draw what your shame monster looks like. It doesn't need to be a perfect drawing; the goal is to capture how you perceive your shame. Think about what colors, shapes, and features represent your shame. Is it big or small? Does it have a voice? Is it looming or hidden?



PART 3: Journal Questions for Reflection

Journaling can be a powerful tool for processing emotions and shifting your perspective. If journaling feels overwhelming, try setting a timer for maybe 10 minutes, and come back to this part as needed. Use additional paper as needed.

What specific actions or words from other people have triggered feelings of shame in you?

How does shame impact your daily life and self-esteem?

What beliefs about yourself have you internalized due to your parents' criticism or control?

If you imagine a kinder, more supportive inner voice, what might it say to you in moments of shame?



PART 4: Practicing Self-Compassion

Shame often thrives when we are too hard on ourselves. Self-compassion is about treating ourselves with the same kindness and understanding that we would offer a friend.



Replace self-critical thoughts with compassionate ones.



Use gentle physical touch to comfort and soothe yourself.



Journal your thoughts and feelings with a focus on self-compassion.



Observe your thoughts and feelings without judgment.



Speak to yourself with the same kindness as you would a friend.



Practice gratitude, focusing on what you appreciate about yourself.



Pamper yourself with some over the top self-care



Surround yourself with people and animals who love you



Protect your well-being by setting boundaries - say no when you need to.



PART 5: Positive Affirmations & Mantras

Positive affirmations and mantras can be used to counteract shameful thoughts.

Circle one or two that resonate and repeat them daily.

1. I am enough just as I am.
.....
2. I did my best today, and that's enough.
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3. Mistakes are a natural part of growth.
.....
4. I am worthy of compassion and understanding.
.....
5.
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6.
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- 7.

PART 6: Action Plan

Write down four steps you can take when you notice shame arising. Make the action plan as specific as possible, keeping in mind where you are and what is available to you.

Situation Description #1:

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Self-Compassion Practices:

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Situation Description #2:

Self-Compassion Practices:

Situation Description #3:

Self-Compassion Practices:

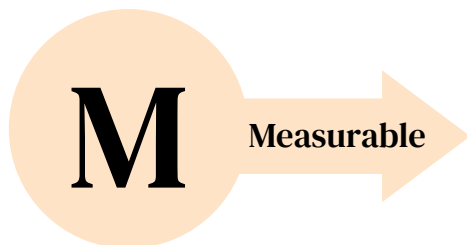


Self-criticism often paralyzes us, making it hard to start tasks or make decisions, as the fear of failure or not being "good enough" can freeze us in place. By setting clear, manageable goals, you create a roadmap that breaks through this paralysis, giving you focused steps to follow. **Each time you achieve one of these steps, you build evidence against your inner critic and gain a small victory that boosts your confidence.** This process gradually weakens the grip of self-criticism, showing you that you can succeed, grow, and make progress—even in small ways.



What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

Example: I want to move out of my parents' house and live independently within the next 6 months, as this will help me create more emotional and physical space to explore who I am outside of their influence.



How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.

I will track my progress by creating a savings plan and budget for my own apartment. I'll aim to save \$500 each month, research affordable housing options, and start visiting potential places within 3 months. I'll also begin purchasing items I'll need for the move, like furniture and kitchenware.



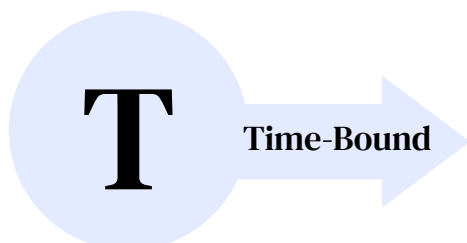
Is your goal achievable? Consider what might make this goal difficult and plan how you can overcome those challenges.

To make this goal achievable, I will create a budget that allows me to save monthly while still covering my existing expenses. I will also look for part-time freelance work to supplement my income if needed. I'll start with affordable apartments in areas close to work to reduce commuting costs and make sure I'm financially ready.



Why is this goal important to you? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

This goal is relevant because moving out will allow me to establish a clear boundary with my parents, reclaim my personal space, and start making decisions that reflect my own values, not theirs. Living independently is a key step in building my confidence and making choices that honor who I am and what I want from life.



What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal.

I will move into my own apartment by the end of 6 months. Within the first 2 months, I'll have saved \$1,000 and visited at least 3 potential apartments. By month 4, I will have made my final decision on an apartment and signed a lease. The final 2 months will be spent preparing for the move and gathering all necessary items.



SMART Goals

S Specific

What exactly do you want to accomplish?

M Measurable

How will you measure your progress?

A Achievable

Is your goal achievable?

R Relevant

Why is this goal important to you?

T Time-Bound

What is your deadline for achieving this goal?



Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

What obstacles have I encountered, and how have I handled them?

What progress have I made so far? What am I proud of?

What support or resources might help me continue making progress?





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

